



A blast from the past
Vintage shop features fabulous fashions.
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



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MONDAY, AUGUST 29, 2011

CONESTOGA COLLEGE, KITCHENER, ONT.

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43RD YEAR – NO. 15

Students win 18 medals

1,800 competitors at event

Conestoga College students showed off their knowledge and applied skills, taking home 18 medals at the 2011 Ontario Technological Skills Competition, held at Rim Park in Waterloo.

The event, which is the largest skilled trades competition in Canada, featured 1,800 Ontario student competitors from elementary schools, secondary schools and post-secondary institutions.

The competition also had more than 60 contests, over 30,000 spectators and more than 60 skilled trade contest areas.

It is held by Skills Canada – Ontario, which organizes events to encourage more Ontario youth to explore the many career opportunities that are available in the skilled trades and technologies.

Conestoga's medal tally consisted of four gold, nine silver and five bronze.

A number of students also received special monetary prizes.

The winners were:

Gold:

Precision machining – Andrew Elg
Brick masonry – Petro Prymak
Electronics – David Roberts
Restaurant services –

Marshall McPherson

Silver:

Architectural technology & design – Steve Kilkman
Auto service technology – Anthony Schuett
Cabinetmaking – Chris Smith
Carpentry – individual – Ben Hart
Electronics – John Ferguson
Heavy equipment – Jeff Fuller
IT – office software apps – Sarah De Boer
Restaurant services – Jordan Brown
Website development – Alex Kostiuk

Bronze:

Architectural technology & design – Jean-Marc Racheter
Cabinetmaking – Brad Van Bakel
Mechatronics (team of two) – Ian MacMillian and Kevin Cochran
Plumbing – Sarba Broderick
Welding – Ian Lamb

Gold medal winners advance to the Canadian Skills Competition.

Another college competition will be held from February to March 2012. For further information contact Liz Stacey at lstacey@conestogac.on.ca.

For more information on the Ontario Skills competition go to www.skillsontario.com

FITTING FITNESS INTO HER DAILY CYCLE



PHOTO BY ASHLEY IDLE

Second-year BScN student Ash Bennett takes time out of her busy schedule to put some kilometres on the stationary bike at the Conestoga College Doon campus athletic centre. The centre is open Monday to Friday, 7 a.m. to 11 p.m., and weekends from 7 a.m. to 8 p.m.

PRESIDENT'S MESSAGE

Embrace all that Conestoga has to offer

Welcome to the 2011-12 academic year. Every September here at Conestoga is exciting and full of promise, as we welcome new and returning students to all of our campuses. This year is particularly special, as we celebrate the opening of major new learning and training facilities in Cambridge and at Doon that have been designed to reflect the conditions and best practices of the industries where you will begin the next phase of your career when you complete your studies.



John Tibbits

beyond as we take our place among Canada's leaders in the delivery of polytechnic education.

Whether you're returning to Conestoga to resume your studies, or joining us here for

As a college, we continue to expand and develop to serve the students, families and businesses in our local communities and

the first time, there are some things you can do to help ensure that your 2011-12 year is a success:

Commit to personal achievement – The knowledge and skills you will need to prepare for the world beyond Conestoga are yours for the taking. Our faculty members have considerable experience in their fields, and are ready and eager to assist you in reaching your goals. As well as faculty, our staff and administrators are here to provide help and sup-

port on your educational journey.

Embrace opportunities – As well as the formal learning experiences you will have here, there are many other opportunities for you at Conestoga: varsity and intramural athletics, activities and events sponsored by Conestoga Students Inc., on-campus clubs and groups, and even professional association opportunities linked to your program of study.

Your involvement with the community will enrich your

education and help you grow both personally and professionally.

On behalf of the college, I am delighted to welcome you to the 2011-12 academic year.

Work hard to achieve your goals, value your time here and enjoy the many practical benefits a college education offers.

Success awaits you.

Best wishes for a great year.

John Tibbits
President, Conestoga College

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What advice would you give
to a first-year student?



"Go hard or go home."

Andrew Bolohan,
third-year
architecture construction
and engineering technology

"Watch what you eat,
because freshman 15 will
bite you in the bum."

Sarah Mihaly,
second-year
law and security administration



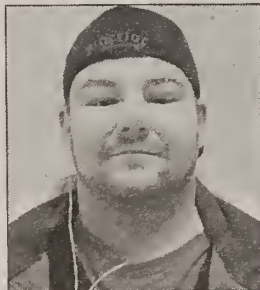
"Don't be late all the time,
like me."

Glenn Peeters,
second-year
broadcast television



"Don't drink too much."

Chris Grose,
second-year
broadcast television



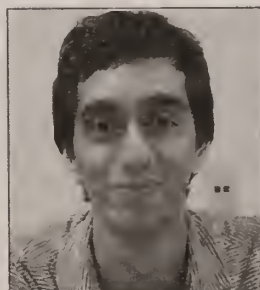
"Don't buy a textbook until
a couple of weeks into
the semester."

Matt Brilsby,
second-year
broadcast television



"Don't procrastinate."

Narindeth Maraj,
third-year
architecture construction
and engineering technology



Smile Conestoga, you could be our next respondent!

New student rep up on the issues

By GERALD UPTON

Sarah de Boer is soft-spoken and looks like the girl next door, but don't let that fool you. She has determination, wit, strong opinions and can get her point across.

De Boer is the newly-elected student representative on the Conestoga College board of governors.

"She'll do a wonderful job," said Kaleigh Hooper, her friend and unofficial campaign manager. "She's going to represent the students in a very good way. She's very supportive and knows the issues that are close to the students' hearts, and wants to help solve them to the best of her ability." Hooper is in the same second year business administrative management program.

Despite her youthful appearance, de Boer already has experience working with



Sarah de Boer

various boards.

"I was an admin assistant for the B.C. Health Canada government and I was a theme services and events

supervisor for the Vancouver Film School," said de Boer. "I was on some boards there, so I've seen how they work."

De Boer emphasized this experience during her recent campaign when she got out and talked to students.

"I went to classes and said, this is who I am, I hope you'll vote for me, and I tried to reach everyone by having some serious posters around the school and having a few fun ones - me hanging upside down and whatnot."

De Boer said there were many reasons why she chose

to run for the position.

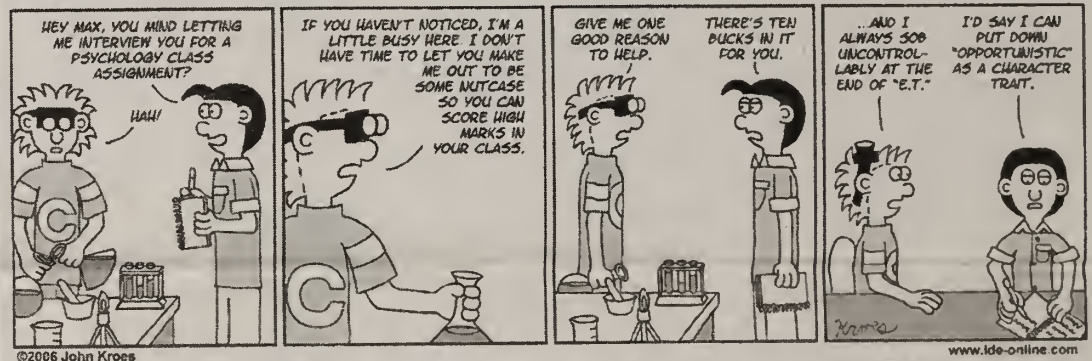
"I wanted to learn more about the school," she said, "maybe become more involved. It seemed like a really great way to do it. I was encouraged by my program co-ordinator to run."

De Boer said she wants to represent the student body in a professional way, and believes she is the one who can do it.

She already has plans for her tenure on the board.

"I'd like to see some changes to the online courses over the summer," she said, "so that students can take courses towards their certificate or diploma or whatever to reduce their course load in the fall, while reducing their tuition. Another issue that I hear a lot of students talk about is our on-campus pub. They'd like to see the hours of it become more regular and extended."

LAST-DITCH EFFORT



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the Learning Commons (2A103).

Why do you have to take a gen ed?

These courses help students develop a broader consciousness

One of the major distinctions separating colleges of applied arts and technology from private colleges is the requirement for publicly funded institutions to provide elements of general education (the arts, sciences and humanities). The components of learning involve more than just doing; they involve feeling, envisioning and understanding.

The purpose of general education electives within the Ontario college system is to contribute to the development of citizens who have a broader consciousness of the diversity, complexity and richness of the human experience; who are able to establish meaning

through this consciousness; and, who, as a result, are able to contribute thoughtfully, creatively and positively to the society in which they live and work.

General education courses also strengthen students' generic skills, such as critical analysis, problem solving, and communication, in the context of an exploration of topics with broad-based personal or societal importance.

The Ontario government's Ministry of Training, Colleges and Universities has established the following themes to be used as guidance by publicly funded colleges in the development and identification of courses that are

designed to fulfill the general education requirement within their programs of instructions:

■ Arts in society – develop an awareness of the role of the arts in the community.

■ Civic life – understanding the meaning of freedoms, rights and participation in public life plus the changing nature of work and the economy.

■ Social and cultural understanding – informed understanding of social trends, changes and issues as well as coming to terms with life in a multicultural society and operating within a global business community.

■ Personal understanding –

improving personal awareness, critical and creative thinking and learning how to problem solve.

■ Science and technology – understanding the relationship between science, technology and society and appreciating the contributions of science and technology to the development of civilization.

Education exists not only for the benefit of the individual, but also for the common good. Over-focusing on just one specialty area of study isolates it from its social and ethical context.

Understanding how to do something also requires understanding why it is being done, what are the social con-

sequences of doing it and whether it should be done at all.

It is the role of the general education elective to provide this broader context.

Students who have no questions are student who are not learning. The arts, sciences and humanities provide ideas to think about that do not have easy answers. This fact often takes people out of their comfort zone by providing them with intellectual, emotional, social and spiritual challenges.

General education electives make them think about things that are often beyond their narrower focused fields of study.

Five ways to good grades

By LISA OLSEN

It doesn't matter if you're a new student who hasn't touched a textbook in years or a returning student wishing that the summer break was just a little bit longer. Starting this year off right can be simple.

The key is to be proactive, rather than reactive.

Michele Brannon-Hamilton and Brenda Anderson are learning skills advisers in the Learning Commons at the Doon campus. They offered some tips to help you be successful:

1. Work on time management

"It seems to be at the root of most things," said Brannon-Hamilton.

The best thing you can do to brush up on your time management skills is to use a day planner, and use it correctly. Brannon-Hamilton and Anderson suggest that students start out by grabbing their course outlines and copying all due dates into the calendar.

Working backwards from there, plan study time and working time. And make sure to write those times down as well.

"(You're) also looking at how much it's worth," said Anderson. If an assignment is worth a large percentage of your mark, schedule in the appropriate amount of time to work on it.

2. School is a full-time job

Brannon-Hamilton and Anderson said they often see students who think they are spending enough time bent over their books, but often times, they are not. One hour of homework a night is not

sufficient.

"One to two hours (of homework) for each hour of class at the post-secondary level is recommended," said Brannon-Hamilton. It helps to look at school like a 40-hour work week: top up the 25 hours spent in class with 15 hours of homework. And make good use of time in between classes.

3. Know how to read a textbook

Don't get behind on your textbook reading; start reading it early.

And read it well. Start by digesting the summary and objectives of the chapter, to know what key concepts you're looking for.

Move on to the headings and sub-headings of the chapter, which will show you the main points. From there, you can predict test questions.

Take notes and put everything into your own words.

4. Stay well rounded

Don't let school take over your life. Still engage in the things that you love to do, take care of your health and get a good night's rest.

5. Use what's available to you

Sign up for Orientation workshops, visit the Learning Commons and take advantage of the assistance that is there.

Open throughout the summer, the Learning Commons offers many ways for students to learn the strengths and skills needed to succeed in the post-secondary world.

And it's all paid for in your tuition.

For more information, visit their website at www.conestogac.on.ca/learningcommons.

Students just want to have fun

By SARA BUSSE

Want to make your time at Conestoga College memorable? Then check out the Conestoga Students Inc. (CSI) events calendar found on the college's website, www.conestogac.on.ca (look under Student Services), or look at the calendar located outside the main cafeteria.

The student union plans many activities for students, helping them meet others and take a break from studying.

Have an hour to kill between classes? Check out the calendar and see what you can find, whether it's a movie in the Sanctuary, an open mic event or a Jell-O eating contest. There is always something to keep you entertained. CSI also holds more major events that have become annual activities such as the Pond Party, Toga Party and Polar Plunge.

"I think this year, the events on campus were a great success. I have seen a lot more involvement from students on campus. After realizing that giving away free things at events is what makes students come out, I can promise that there will be a lot more free stuff to come next year as well," said Tara Herriot, CSI events co-ordinator.

If you have an idea for an activity or suggestions for events don't be afraid to speak to a CSI director located in Room 2A102, beside Tim Hortons and across from Health Services.

Most activities are free but for some events you must purchase a ticket, which are priced with a student-budget in mind.

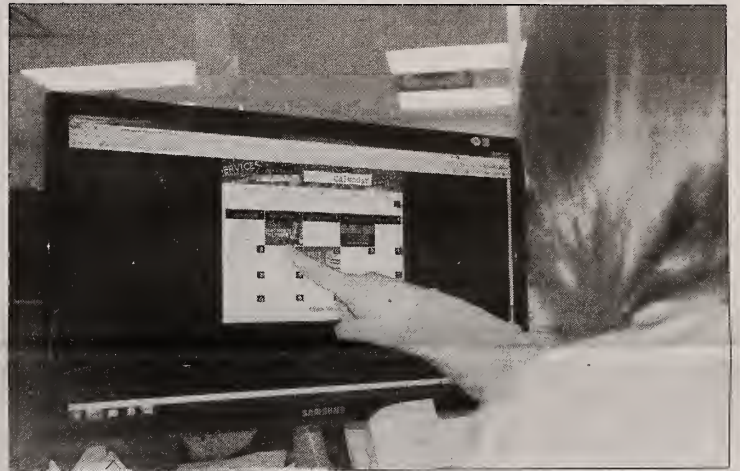


PHOTO BY SARA BUSSE

Check the Conestoga Students Inc. website for their events calendar. Activities range from pub nights to a polar plunge.

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SCAN LIFE

Join or start your own club this year at Conestoga

By **MARCUS MATTHEW**

You're a first-year student coming to a new school. Between course work, studying and maybe even your job, it can be hard to meet new people, make friends and really get involved at the college.

However, if you want to make the most of your freshman experience, it's important to get involved and try new things.

"Volunteer opportunities, such as clubs, are a great way for students to be able to adjust easier to college life," said Ryan Connell, a student life programmer. "The more engaged a student is outside of the classroom, the more likely it is that they will feel more connected to their college experience."

To cap off the last school year, the Polish Club held a perogy-making event. The club was founded at the beginning of the 2010 school year by Tomasz Rozdeba, a fourth-year international business management student. His goal was to get people educated and involved in Polish culture.

"We had a volleyball tourna-

ment last term, had a trip to the ACC for Polish night at the Raptors game and heard that students wanted something to do with Polish food," said Rozdeba. "So, that's how we chose a perogy night. And there's no better way to impress someone than with cooking the traditional Polish dish from scratch."

Like many clubs at Conestoga, the Polish Club hopes for an event-filled year.

"We want to continue to expand our breadth of events to include pub/club nights, sporting events, cultural displays and more to appeal to all students at Conestoga," Rozdeba said. "We also want to eliminate the misconception that the Polish Club is only open to those of Polish decent or those who speak the language. All you need is an interest in coming to an event to join us in having a great time."

If you have a passion or interest in joining a club, sign up at Conestoga Students Inc. From video gaming to theatrical arts, there is a wide variety of clubs for you to check out.

"I feel getting involved on campus, whether that's



PHOTO BY MARCUS MATTHEW

Conestoga Polish Club president Tomasz Rozdeba and vice-president Karol Machnik encourage students of all cultures to come out and participate in their events this year.

through clubs, committees or intramural sports, are great ways to be able to develop yourself in a number of areas," said Connell. "Especially for first-year students, it's a terrific way to get connected to your Conestoga community and be able to connect with students outside of your college program."

At Conestoga, there are various clubs and organizations that meet the needs of many different religions and cultures. CSI is the driving force behind it all, and if you have questions, they have the answers.

If you want to start your own club, you're more than welcome; just follow these

simple steps, courtesy of CSI's website, www.conestogastudents.com/clubs/home.html.

1. Complete a registration and financial signing authority form.

2. You've heard the word used in your high school history classes, and now is the time to prepare your own constitution. You need to submit one to outline the purpose of your club and how it's structured.

3. Do some reading. OK, you probably have to do enough of that in your classes, but take a look through the clubs manual. You'll learn a lot which will help you set up your club.

4. Find members. The only thing you have to keep in mind is that your club needs to be open to every student at Conestoga.

5. Take advantage of CSI services to support your fun.

"I think we need more clubs with different areas of interest," said Karol Machnik, a fourth-year international business management student and Polish Club vice-president. "Clubs are a great way to meet people and get involved with the school, but we need more people to come out and participate."

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Doon: Student Life Centre, Room 1A105 or call ext. 2298
Guelph: Room E12, or call 519-824-9390 ext. 6129
Waterloo: Visit the Administration Office in Room 1C04, or call 519-885-0300

Exclusive access to Conestoga's own MyCareer for job postings and career resources. Click on the Services tab in the Student Portal.



It's not far to go for medical services

By **COURTNEY NIXON**

Coming into a new place, meeting new people and doing new things can be stressful. The last thing you want to worry about is your health. However, if you don't feel well, it is nice to know that Conestoga College's Doon campus has a medical facility.

Health Services has nurses and physicians who provide quality health care and health education. Their services are available to all full-time Conestoga students; just don't forget your OHIP card.

The department provides students with a wide range of services including chiropractic services and annual flu clinics for students and staff.

Other services they offer include medical care and treatment, annual physicals, allergy injections, prenatal care, wart treatments, referrals to specialists, prescription renewals, doctor's notes and driver of third-party physicals (both of which cost money), pregnancy counselling and testing, sexually transmitted infection testing,

and counselling on sexual health and lifestyle issues and mental health issues.

Health Services is located in Room 1A102. Office hours are Monday to Friday, 8:30 a.m. to 4 p.m.

To book an appointment, contact them at 519-748-5220, ext. 3679.

Chiropractic services are also available by appointment, on Tuesday, 1 to 3 p.m., Wednesday, 9 a.m. to 12 p.m., and Thursday, 1 to 3 p.m.

Chiropractic services are available to students, staff and faculty. Eighty per cent of the fee charged to students for chiropractic appointments is covered by the CSI Health Plan, however, full payment must be made at the time of the appointment.

Their services include sports injuries, neck and lower back pain, as well as shoulder, knee, foot and wrist problems, exercise advice and custom orthotics.

The chiropractor fee for an initial visit is \$50, and \$25 for subsequent visits.

Chiropractic services are provided by Dr. Mike Eltervoog. To book an appointment, call 519-748-5220, ext. 3679.



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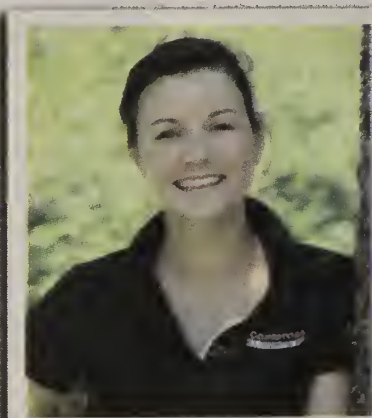
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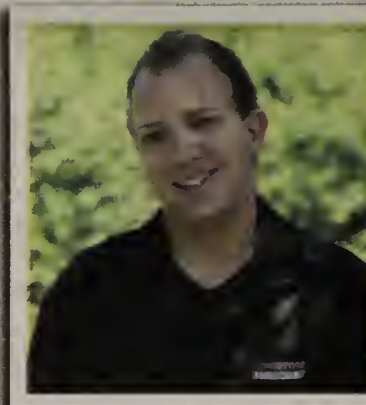
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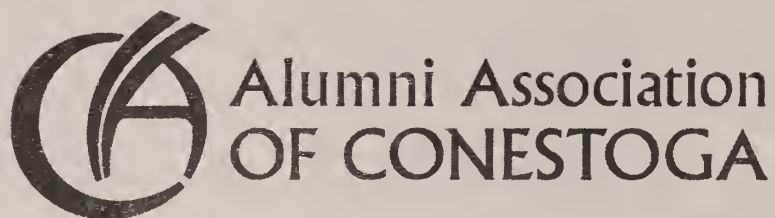


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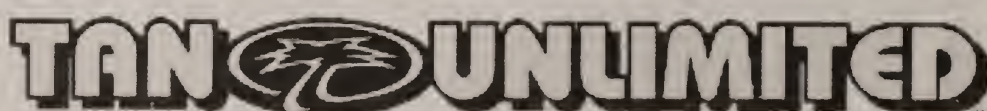
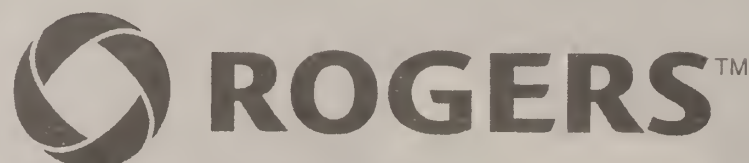
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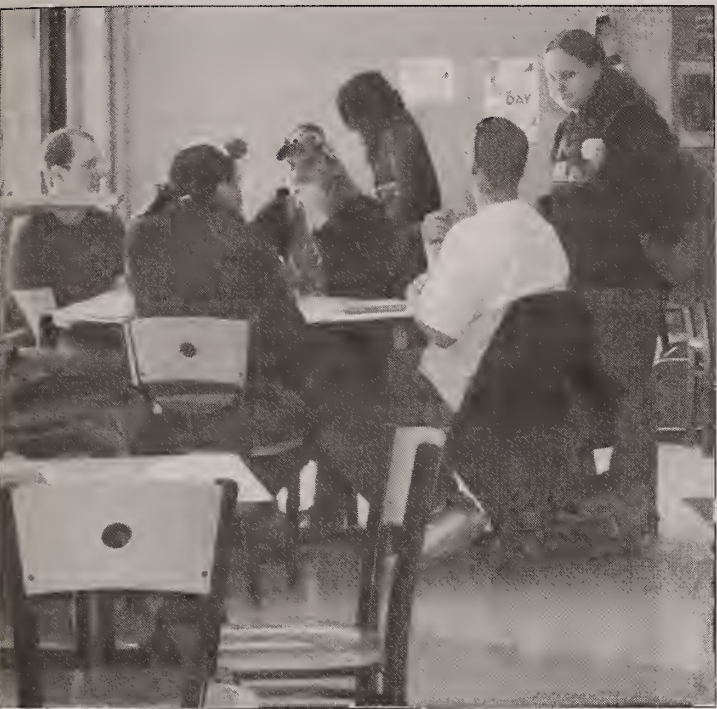


PHOTO BY EMILY GERRETT

Students at the Doon campus have a wide variety of meal choices offered by several cafeterias. And, of course, there's Tim Hortons.

Campus eateries offer lots of choice

By EMILY GERRETT

Many students new to Conestoga can feel overwhelmed with finding the location of their classes, the bookstore or even the place they parked their car for the first few weeks.

"When I started at the beginning of the year, I was too scared to wander far away from my classes, because it was the only part of the school I was familiar with," said second-year engineering student Dante D'Amato. "I swear I only ate Pizza Pizza for the whole first month, because I didn't want to get lost finding the other cafeterias."

Conestoga offers a wide variety of food options for both new and returning students, and its cafeterias are always cooking up something new.

The CozE Corner cafeteria, located on the first floor in the E-wing, offers Pizza Pizza as well as Mr. Sub. If you continue toward the B-wing you will find the main cafeteria, offering Coyote Jacks, which sells your regular burger and fries type of food, along with fresh-

ly baked goods, Starbucks coffee and cold salads and sandwiches. There are also "Culinary Table" and chef specials selling from \$3.99 to \$6.99. And every day there is a create-your-own stir-fry, pastas and a sandwich deli offered.

If you find yourself in classes near A-wing, you can enjoy the always popular Tim Hortons, or make your way to the Sanctuary Café.

The Sanctuary is once again offering wraps and salads, as well as Pizza Pizza. The quesadillas that were newly introduced last year will be back, along with more hot small meal or snack options, such as potato skins, nachos, tacos and baked chicken wings.

Prices are competitive, and for this year, Chartwell's food service director Susan Dixon assures students that this will still be the case.

"We will do our best to keep increases minimal and still offer below normal retail pricing."

The main cafeteria downstairs will be open longer this semester, until 7 p.m. instead of closing at 5 p.m.

Security staff here for you

By CASSANDRA BOURGEOIS

Students at Conestoga can feel safe knowing Security Services is always looking out for them. Whether it's the walk safe program or self-defence classes, security's got your back.

The walk safe program provides escorts to walk students to their cars or residence between 6:45 and 10:45 p.m. from Monday to Thursday. A security guard oversees walk safe, but students can apply to be escorts through the work study program. Many of the students who participate are law and security administration or police foundations students, but any student is welcome to apply.

"If anybody needs to be walked to their car at night, walk safe will walk them," said Security Services representative Lorna Campbell. Any student can take advantage of the walk safe program

by going to Doors 1 or 6, or just outside the security office, located in Room 2B10-6.

Security Services patrols residence 24/7, 365 days a year to make sure everyone is safe. They also have a bicycle patrol unit patrolling the parking lots and at college events from May to October, weather permitting.

With cameras covering the entire campus, you can be sure that someone's watching to ensure everyone is acting properly, and that they belong on campus.

Security is also in charge of any personal safety concerns. "Nothing's ever too small," said Campbell. "If it's important to them, it's important to Security."

Students can confidentially report any concerns they have. Security takes care of cutting locks off if another student put a lock on your locker, bullying, theft and even scratches on your car.

They're also responsible for lost and found. Anything lost in any area of the school usually makes its way to the security office, so the fastest way to find your missing item is to drop by.

Security's help doesn't stop on campus. As a member of the Domestic Assault Review Team and the Sexual Assault Response Team for Kitchener, Campbell can refer anyone for their services. Go to the security office if you need that information.

Security also provides after-hours access to the school. If any student needs to be at the school after 11 p.m., they have to sign in with Security Services.


The department will also be hosting self-defence classes starting in September. You can head to the security office for more details.

"We're just here for anything students need," said Campbell.


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Learning Commons

For more information:

www.conestogac.on.ca/learningcommons

Doon Campus: Learning Commons, Room 2A103 or call 519-748-5220 x 2308

Beware of the freshman 15

By LAURA BENNETT

In college you'll have more friends, more freedom and more fun. But beware of gaining more weight.

The dreaded freshman 15 syndrome occurs when students move away from home for the first time and put on 15 pounds.

However, students shouldn't let cooking and weight gain stress them out during their first year of college. Not everyone gains weight and those that do don't all necessarily gain 15 pounds. However, studies have shown that students are more likely to gain weight during their freshman year due to a change in lifestyle and more freedom to make their own decisions.

"I think a lot of people do (gain weight) but I wouldn't say everyone does," said Teresa McQuillin, a nurse at Conestoga's health services.

Vanessa Wojcik, a



PHOTO BY LAURA BENNETT

Conestoga student Vanessa Wojcik usually brings a healthy, homemade lunch with her to school.

Conestoga College student, usually makes her own lunches and brings them to school. "Pack your own lunch, a sandwich for example, with healthier stuff in it," she said, adding that you also save money by doing this.

McQuillin said she found

cooking much faster than going out when she was in school, however, on a limited budget, it's more expensive to make healthy food which makes eating healthy harder.

She added that there are so many temptations when you come to college but you must listen to your body.

"Don't just eat carbs and protein, you want to make sure you get your dairy, fruits and vegetables," she said. "Don't forget about exercise and balance what you're eating."

Alcohol also plays a huge role in weight gain during the freshman year. "Try to minimize your alcohol consumption and not just because of the freshman 15," said McQuillin.

Students need to learn about balance in addition to their course material. And in this case it means balancing healthy food choices and exercise with alcohol and the accompanying pub fare.

Academic support available

By MANDY LIVERANCE

The amount of work in college may come as a surprise to students; leaving them feeling confused, stressed and helpless. College staff understands these feelings and offers services to help.

The Learning Commons, located in the upper atrium, offers services to enhance student academic success, including peer services, study skills, math and writing help and learning groups.

"We offer ongoing academic support throughout the semester for new and continuing Conestoga students," said Julie Cha, Learning Commons assistant.

Most of these services are free for students, or offered at a reasonable cost.

Students are hired to become peer tutors to help other students who are struggling with their program. Senior year students who are approved by faculty are paired up to offer expertise,

experience and encouragement. Peer conversation partners are also offered to help students who use English as a second language.

By learning new skills, success comes a lot easier. Therefore, advice and tips on organizing, managing time, listening, note-taking, studying and concentrating, among others, is offered.

Math seems to be a common difficulty for students. To strengthen knowledge and confidence, the Learning Commons provides drop-in math help and private appointments for those who require more detailed help.

There is also a writing centre that helps with planning, organizing ideas, identifying errors and citing and referencing sources. Individual appointments and workshops are provided.

In addition to the services offered by staff, the area also has study space, private tutor rooms and computers for student use.

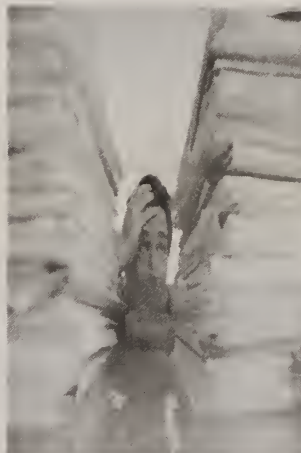
WHAT DO YOU DO...

... if you are away from home for the first time and feeling lonely?

... if you suspect you might have a learning disability?

... if you are feeling overwhelmed?

... if you have questions, concerns about anything?



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www.conestogac.on.ca/counselling

Did you remember to bring a shower curtain and toothbrush?

By ERIN FARRAR

It happens to everyone. You think you're completely prepared to move into residence then, upon arrival, you realize there are a few things you definitely forgot.

Of course, it's easy to remember your bedding, kitchen utensils, clothing and textbooks, but it's always those pesky little things you don't think of that will really come in handy.

Making a checklist is the best way to organize yourself while packing. Categorizing the list; clothing, bathroom supplies, kitchen supplies, etc. helps you to thoroughly record everything you need and make sure it's all packed and ready when move-in day comes.

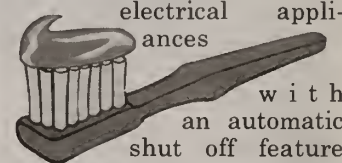
Bedding is a good place to start. Remember to pack bed linens, blankets and pillows for a double-width, queen-length bed. Small furniture items such as a bedside table or bookcase are allowed and are great for extra storage space.

Although there isn't always much time for ironing clothes, Conestoga's website suggests bringing an iron and ironing board which will definitely come in handy as there isn't a ton of space for hanging up clothing.

For the washroom, a shower curtain is something people often don't realize they have to bring with them. Personal hygiene items, towels, toilet

paper and washroom cleaning items are also necessities.

Everything you would use in your kitchen at home is good to bring along with you including cutlery, dishes, glasses, toaster oven, cooking utensils and dish soap. Hot plates and open heat sources are not allowed on residence as they are possible fire threats. Only CSA approved electrical appliances



with an automatic shut off feature are permitted on residence including kettles, toasters, coffee makers and irons. Only refrigerators and freezers provided by the residence are allowed in the suites.

Laundry machines are available for use in the basement of the residence so don't forget to bring laundry detergent and fabric softener sheets. Something else that is crucial to remember is your books, writing utensils and whatever other items you may need for completing school work.

Because of the heavy traffic of Internet use on residence the Internet often tends to be slow. Ethernet cords are \$20 or under and plug into the wall for much faster Internet use which can be a lifesaver.

Remember all these things and you'll definitely be prepared for moving into residence.

Something old, something new



Donna Forde, owner of Patina Vintage Consignments in Waterloo, holds a garment designed by Canadian lingerie designer Claire Haddad. All of the pieces at Patina have a history, including this one as Haddad was a designer to the stars and knew Elizabeth Taylor's secret measurements.



*Story and photos by
Victoria
Spracklin-Izzio*

Designer vintage clothing hang inside Patina Vintage Consignments, located at 205 King St. S. in Waterloo. Not only are brand name pieces available, but a variety of second-hand good are ready to take home as well.

A new school year often means a new wardrobe for many students. However, before you spend your textbook budget on new clothes, consider an alternative. Styles are reinvented from past years on runways, and translated into fashions in retail stores. Why not take a trip to the past, and get something truly original and classic?

Vintage shopping is growing ever-popular, especially when current trends are based around specific eras. Spring and summer 2011 was heavily influenced by pieces from the '70s. Rather than buying something generic at retail cost, actual pieces from these eras are readily available and are usually half the price.

Patina Vintage Consignments at 205 King St. S. in Waterloo is the go-to place for authentic vintage in this region. Owner Donna Forde has been in business for the past three years and carries pieces from just about any time period.

"I'm very eclectic and I see value in a lot of different vintage," said Forde, who even sells pieces from not too far in the past. "I would say there are vintage things from 10 years ago. The structure, shape and style has changed. It's just like a bottle of wine. This is vintage 2000 and this one's 2005, you can tell there's a different taste."

All pieces sold at Patina are on consignment, which means they are all lovingly handed down to Forde to hold in trust and sell for the owner.

"I get the stories from people when they bring them in, and how it was their family's originally. I find out amazing things," said Forde. Many of the items that hang throughout the 500-square-foot store have interesting tales attached to them, including the history of a pair of shoes that dates back to 1897.

What makes Patina Vintage Consignments fabulous is the low prices. Even though the competition is next to nothing in this area, she still chooses to sell her products at a reasonable price, suitable for those on a budget.

"Somebody told me about a chain belt they saw that was \$150. I have chain belts here for \$8," said Forde. Even her small collection of designer pieces are reasonably priced, including a Valentino suit for under \$200.

All ages can truly appreciate vintage, though Forde says she finds college and university students are her main clientele. Her co-op student, Veronika Sosnowski from Eastwood Collegiate, has become a vintage shopper since she discovered the small boutique.

"The way to get fashion is the way to know what's out of the past," said Sosnowski, who proudly owns a few necklaces and a Fez hat she purchased from Patina. Though she claims she usually only shops for comfort, she can still appreciate all the items available.

"There are pieces I love like this Arctic wolf coat we had. And this fox fur shawl, head-to-feet still attached! Even the claws are still here," said Sosnowski while holding the fur garb lovingly.

Vintage shopping is easy to love, but there are certain tips and tricks one should know to ensure you're getting your money's worth. Forde recommends looking for an item that is "unique and speaks to you, and is something of good construction."

Fabric quality may vary, depending on what era it comes from. That's not to say that one should rule out polyester or other synthetics if it's in good condition, but real silk, cotton and wool can easily be found and feel luxurious when worn.

Also remember that you don't have to wear it exactly as found on the hanger. Don't shy away from making little alterations, such as adjusting hemlines. Modernizing vintage is a great way to make sure your outfit is still up to date and it makes it your own.

"I wouldn't want to alter the best collectibles like Dior or Balmain. But everything else I think you should update it the way you see fit," said Forde. Look for little details and patterns you wouldn't find anywhere else. Attention to small things such as buttons or beading makes a difference in what would be a typical dress or top. Even looking for classic pieces like a structured handbag will add a timeless flare to your look.

The best part of vintage shopping is the guarantee that no one else will have what you do

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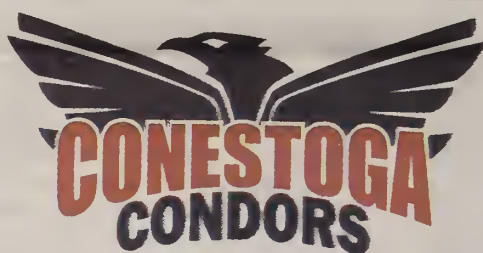
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rec·re·a·tion·al (rkr-sh-nl) adj.

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For more information:
www.conestogac.on.ca/recreation
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email mford@conestogac.on.ca

Get out and play a varsity sport

By **RYAN YOUNG**

For many people, high school was their last chance to play competitive sports. But here at Conestoga, students can try out for a variety of different varsity sports programs.

There's no reason you can't be on the field, ice or court, as Conestoga is always looking for new players. Joining one of the many sports teams may seem intimidating at first, but in reality, it's a great way to stay in shape while meeting new people from around the college who share a common interest.

There's little time to waste, however, as many of the school's varsity teams get started right away. Cross-country running, women's fastball and both male and female soccer teams get kick-started in early September. Also getting the ball rolling in September is the men's rugby team and, for the first time in school history, Conestoga's varsity female rugby team

will also take the pitch.

If those aren't the sports for you, there are still plenty of other opportunities for you this year at Conestoga as the badminton and volleyball teams' seasons begin in October. Beginning in January Conestoga will once again field an indoor soccer team that hosts an annual tournament at the school's rec centre and competes in a league at the Com Dev Indoor Soccer Park in Cambridge.

Students may have to pay varsity fees to cover expenses such as warm-up suits, uniforms and the athletic banquet, but you get the opportunity to stay active by competing with some of the best athletes from across the province.

For information regarding varsity tryouts, consult the rec centre website at conestogac.on.ca/rec_centre or contact Conestoga athletic director Marlene Ford at mford@conestogac.on.ca or 519-748-5220, ext. 3452.

Intramurals combine fun with fitness

By **ASHLEY IDLE**

Pull out your sneakers, students. September brings the beginning of the intramural season.

Conestoga athletics will be offering many different ways to get active this school year. The athletic department runs intramurals, extramurals, fitness classes and drop-in sports nights for anyone interested in keeping fit during the school year.

In intramurals, there will be three-on-three basketball, volleyball, indoor soccer, ice hockey and ball hockey. Registration will take place from the beginning of school until Sept. 19. Captain's meetings will be held Sept. 20 and 21.

All leagues will start play by either the end of September or the beginning of October. For more information about potential intramural opportunities, the LCD screens in the main cafeteria will show what you need to know. Also keep an eye on message boards around campus for more information.

Anyone interested in competitive hockey can try out for the extramural hockey teams. There are both men's and

women's teams, and both compete with other colleges in a tournament environment. Men's tryouts will start around the middle of September and women's at the end of September. Dates and times will be posted on the athletic website at www.conestogac.on.ca/recreation.

If you can't commit to an intramural or extramural sport for a whole term, there are other options for keeping fit. There will be sports tournaments for those who just want to get out and play. This term, the athletics department is planning a volleyball tournament in November. Next term will see indoor soccer and basketball. There will also be a squash ladder run, pending interest.

New for the 2011/2012 school year there will be drop-in sports nights. These will be set up during free gym time and encompass a variety of sports. Check the website for what sports will be offered and when.

Finally, there will be fitness classes offered beginning the week of Sept. 19.

For further information contact Katie McCartney at kmc-cartney@conestogac.on.ca or at 519-748-5220, ext. 2317.